



Issue No.3 - Winter 2013/2014

# Patients First



Patient Participation Group

## Would you be prepared to help your Patient Participation Group?

### Background

Are you interested in working with other patients to help the practice meet the health needs of its patients as effectively and efficiently as possible? Would you welcome the opportunity to get more involved in shaping future local health services?

If you think you might be interested and have some time to spare then why not mention your interest to one of the receptionists here at the surgery - or better still simply send an email to [lissongroveprg@gmail.com](mailto:lissongroveprg@gmail.com).

### Your Participation Matters

The Patient Participation Group is there to represent all patients of this practice. The above email address has been set up by the Group. Its introduction is one small first step towards opening up participation to a much broader group of patients, particularly from those patients who may find it more convenient to communicate their ideas electronically.

The Patient Participation Group is always open to new ideas from those who might be interested in getting more involved in decisions directly and indirectly affecting their own care. Even a few hours of your time could make a worthwhile difference to what can be done to ensure that patients' needs can be put first, particularly at a time when NHS services are being changed and reorganised - and local resources are stretched.

### Our Values

The achievements of the Lisson Grove General Practice Patient Participation Group over the past year have been modest. Unfortunately, quite a few of our members have themselves required hospitalisation, or perhaps been engaged in coordinating care for sick or elderly relatives and friends. However, if anything, this has deepened the group's appreciation of the things that really matter to the majority of patients - quality care from their GP practice, which is easily accessible to all, and above all, sufficient time for GPs, practice nurses and other staff to spend with their patients.

Don't be shy about making your views known to us!

## Changes afoot at Lisson Grove Health Centre

Westminster City Council plans to modernise the Church Street area. As part of this initiative we will be moving! Due to open in late 2017 is a brand new health centre. The plan is to move the current apartment accommodation at Penn House on the corner of Lisson Grove and Lilestone Street to a new building just 100 metres or so up the road towards Frampton Street.

On the site of Penn house will be built a brand new health and well being centre. This will be 4 floors. On the ground floor will be a reception, crèche, garden and a community cafe. We hope this cafe will become a hub where local people can mix and relax. On the second floor will be the new Lisson Grove Health Centre which will be more than twice the size of the current GP surgery. The third floor will house the clinics you are used to having in the current building e.g. physiotherapy and podiatry as well as new services such as diabetes and cardiology (heart) clinics.

On the top floor Westminster Housing will site its new offices. They will also have an onsite shop where the public can speak face to face with someone regarding any housing enquiries they may have. The new building will offer more spacious rooms for you to be seen in. It will also offer lots of our local services on one site so instead of having to go hither and thither patients will be able to see their GP, physiotherapist, cardiologist, diabetes specialist, housing officer and others all in the one place. Westminster Council will be running some public consultation days so if you have questions or concerns regarding these changes do come along.

## A view from the practice – by Dr Toni Tonkin

My name is Toni Tonkin and I have been working at Lisson Grove Health Centre since 8 July 2013. I was brought up in South Africa and studied at the University of Cape Town - at the hospital where the first heart transplant was performed. I graduated in 1999 then worked for 2 years in South Africa and moved to the UK in 2002. I completed my GP Training in 2008 and until I started here had been working in 2 practices (one in Battersea and the other Chelsea) for 5 years. My area of special interest is Sexual and Reproductive healthcare. I am fully trained to fit Coils and Contraceptive implants and have a lot of experience in Obstetrics and Gynaecology.

## A recipe from one of our patients

### Minestrone Soup

2 onions; 2/3 carrots; 1 potato; 1 leek; 2 courgettes; 1 packet/bunch cavolo nero or swiss chard or spinach; 4/5 sticks of celery. Roughly chop all of the above and fry in a saucepan in some olive oil. Add 1 tin chopped tomatoes; 1 tin borlotti beans (rinsed); a few basil leaves; 2/3 sage leaves; small sprig of rosemary; 1 vegetable stock cube; salt and plenty of black pepper. You can also add green beans, peas, broad beans, celeriac, and parmesan rind. Add water to cover and cook for 45/60 minutes on low heat. When cooked take a mug full of the vegetables and liquidise and return to the soup and add and stir in a couple of tablespoons of olive oil.

Serve with grated parmesan. It is even better the following day!